

WEEK 2

SUNDAY

- B Pumpkin bread with almond butter
- L Pita with tuna salad (using avocado mayo), mixed greens, and onion
- D Baked fish with red sauce served over brown rice

MONDAY

- B Pumpkin bread with almond butter
- L Grilled chicken over arugula, feta, olives, tomatoes, olive oil
- D Left overs from the night before

TUESDAY

- B Two hard boiled eggs with cantaloupe
- L Pita with hummus, sliced goat cheese, olives, and carrots
- D Roasted red pepper and asparagus quinoa with chicken

WEDNESDAY

- B Overnight oats with berries
- L Grilled (or canned) chicken over arugula, feta, olives, tomatoes, olive oil
- D Left overs from the night before

THURSDAY

- B Two hard boiled eggs with cantaloupe
- L Full fat yogurt with pumpkin seeds and berries
- D Ground turkey skillet with pesto

FRIDAY

- B Overnight oats with berries
- L Mashed Avocado for dipping with carrots, snap peas, and toasted pita
- D Left overs from the night before

SATURDAY

- B Sprouted toast with avocado, fried egg, and arugula
- L Sliced goat cheese with grapes and sprouted grain toast with almond butter
- D Beef stir fry over brown rice

GROCERY LIST

PRODUCE

- Mixed greens
- Yellow onion
- Canned pumpkin
- Asparagus
- Minced garlic
- Jarred roasted red peppers
- Berries of choice
- Arugula
- Kalamata olives
- Tomatoes
- Cantaloupe
- Canned diced tomatoes
- Lemons
- Fresh basil
- Baby carrots
- Zucchini
- Grape tomatoes
- Avocado
- Snap peas
- Grapes
- Baby corn
- Green onions

MEAT, FISH, DAIRY

- Eggs
- Canned tuna
- Chicken breast (extra)
- Milk of choice (use in overnight oats)
- Cod
- Ground turkey
- Flank beef
- Milk of choice (use in overnight oats)
- Feta
- Goat cheese to slice
- Full fat Greek or Icelandic yogurt
- Parmesan Cheese

GRAINS, BEANS, NUTS, LEGUMES

- Almond butter
- Pita bread
- Brown rice
- Oatmeal
- Quinoa
- Chia seeds
- Pumpkin seeds
- Sprouted grain bread
- Hummus

MISCELLANEOUS

- Whole wheat flour
- Coconut oil (or use avocado oil)
- Avocado or olive oil
- Sesame oil (or use avocado oil)
- Honey or maple syrup
- Pumpkin spice blend
- Pesto
- Avocado mayo
- Cinnamon
- Baking soda
- Vanilla extract
- Sesame seeds
- Soy sauce

OPTIONAL SNACKS

- Ludberg Organic Quinoa Cakes
- Made in Nature Dried Fruit Chips
- Mary's Gone
- Now Unsalted Dry Roasted Soy Beans